1.   A method of decoding video containing predicted frames, comprising the steps of:

(a)   decoding a first macroblock of a first predicted frame at a first resolution and decoding a second macroblock of said first predicted frame at a second resolution greater than said first resolution.

2.   The method of claim 1, wherein:

(a)   said macroblocks have associated motion vectors.

3.   The method of claim 1, wherein:

(a)   said video is MPEG encoded; and

(b)   said predicted frames are P frames.

4.   The method of claim 1, wherein:

(a)   said first macroblock has high frequency component energy less than a threshold and said second macroblock has high frequency component energy greater than said threshold.

5.   The method of claim 2, wherein:

(a)   said decoding of said second macroblock includes upsampling of a stored reference macroblock.